

Dr. Oz’s Ultimate Health Checklists

Live To Be 100 Checklist {Dr Oz}

- Cut Back Calories By 15%
- Strengthen Bones
- Sleep 7-8 Hours
- Walk 30 Minutes Daily
- De-Stress

Heart Attack Symptoms

- Discomfort in Chest, Back, Arm or Jaw
- Shortness of Breath
- Rapid Heart Beat
- Dizziness
- Sweating, Nausea & Heartburn
- Unusual Fatigue

Heart Disease Risk Factors

- High Lipids
- High Blood Pressure
- Diabetes & Pre-Diabetes
- Obesity
- Smoking
- Stress

Cell Phone Safety

- Use Corded Headset or Speakerphone
- Don’t Wear Wireless Headsets When Not In Use
- Don’t Chat With Poor Signal
- Keep Phone At Distance When Possible

Notes: _____

Dr. Phil’s Ultimate Relationship Checklists

Tipping

- Wait Service: 15-20%
- Take Out: No Obligation (10% Extra Service)
- Home Delivery: 10-15%
- Bartender: \$1-2/Drink or 15% of Tab
- Tipping Jars: No Obligation
- Valet: \$2-5

Divorced Parenting

Be Consistent:

- Rules
- Discipline
- Schedule

Discuss Important Issues

- Medical
- Education
- Financial

How to Handle Disagreements with Your Ex

- Show Respect
- Keep Talking
- Don’t Sweat Small Stuff
- Compromise

Disciplining

- Commit Yourself
- Give Predictable Consequences
- Be Realistic In Expectations
- Define Child’s Currency
- Use Child-Level Logic

Ultimate Marriage

- Plan For The Marriage, Not Just The Wedding
- Have Reasonable Expectations
- Create A Strong Foundation
- Communicate At A Mature Level
- Be Patient & Willing To Make Sacrifices
- Learn To Fight Fair

Suze Orman’s Ultimate Personal Finance Checklists

Bankruptcy

- Contact Nonprofit Credit Counseling Service
- Meet Means Test
- List Income & Debt
- Review Alternatives
- Consult Bankruptcy Attorney

Live To 100 Checklist {Suze Orman}

- Stay Out Of Debt
- Own Your Own Home
- Own Your Own Car
- Get Long Term Care Insurance

Credit Card

- Only One
- Pay in Full Every Month
- Credit Union Credit Card
- Debit Card If Know Fees

Mid-Life Money

- Get Rid of Debt
- Have 8-Month Emergency Fund
- Fund 401K To Maximum

Notes: _____
